



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### MENTAL HEALTH AWARENESS MONTH

- WHEREAS: Mental health is an essential element of an individual's overall well-being, and mental illness is a major public health concern in our nation; and
- WHEREAS: Approximately one in five adults experience some form of mental illness each year. In 2015, approximately 43.4 million adults aged 18 and older were affected by mental illness; and
- WHEREAS: Today, as many as 1.4 million adults in Georgia have been diagnosed with a mental illness. However, all Americans experience times of stress in their lives; and
- WHEREAS: Mental health counselors assist individuals who have difficulty navigating daily life or are suffering from clinical disorders. These counselors help individuals heal and grow, allowing those affected to achieve personal goals, develop self-confidence, and enjoy a better quality of life; and
- WHEREAS: Prevention is one effective way to reduce the burdens associated with mental illness. With early and effective treatment before Stage 4, individuals with mental illnesses can make progress towards recovery and lead full, productive lives; and
- WHEREAS: Georgia offers resources to help ensure citizens with mental illnesses lead full and productive lives. Mental health care is provided by state and local officials, as well as correctional institutions and community health centers; and
- WHEREAS: To best serve those with mental illnesses, it is important to increase public awareness and provide adequate knowledge concerning mental health issues. Georgia recognizes the many organizations and citizens across the state working to support those suffering with mental illnesses through effective treatment, counseling, and expanded research into mental health; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim May 2018 as MENTAL HEALTH AWARENESS MONTH in Georgia and encourage government agencies, public and private institutions, businesses, and schools across the state to recommit to increasing awareness and understanding of mental health.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 7<sup>th</sup> day of March in the year of our Lord two thousand eighteen.



*Nathan Deal*  
GOVERNOR

ATTEST

*Chris W. Riley*  
CHIEF OF STAFF